

| Mois : | Date | Distance | Vitesse moyenne | Temps | Fréquence Cardiaque moyenne | Poids | Observations |
|------------------|------|----------|-----------------|-------|-----------------------------|-------|--------------|
| Semaine 1 | | | | | | | |
| Entrainement 1 | | | | | | | |
| Entrainement 2 | | | | | | | |
| Entrainement 3 | | | | | | | |
| Entrainement 4 | | | | | | | |
| Entrainement 5 | | | | | | | |
| Entrainement 6 | | | | | | | |
| Entrainement 7 | | | | | | | |
| Semaine 2 | | | | | | | |
| Entrainement 1 | | | | | | | |
| Entrainement 2 | | | | | | | |
| Entrainement 3 | | | | | | | |
| Entrainement 4 | | | | | | | |
| Entrainement 5 | | | | | | | |
| Entrainement 6 | | | | | | | |
| Entrainement 7 | | | | | | | |
| Semaine 3 | | | | | | | |
| Entrainement 1 | | | | | | | |
| Entrainement 2 | | | | | | | |
| Entrainement 3 | | | | | | | |
| Entrainement 4 | | | | | | | |
| Entrainement 5 | | | | | | | |
| Entrainement 6 | | | | | | | |
| Entrainement 7 | | | | | | | |
| Semaine 4 | | | | | | | |
| Entrainement 1 | | | | | | | |
| Entrainement 2 | | | | | | | |
| Entrainement 3 | | | | | | | |
| Entrainement 4 | | | | | | | |
| Entrainement 5 | | | | | | | |
| Entrainement 6 | | | | | | | |
| Entrainement 7 | | | | | | | |
| Semaine 5 | | | | | | | |
| Entrainement 1 | | | | | | | |
| Entrainement 2 | | | | | | | |
| Entrainement 3 | | | | | | | |
| TOTAL | | | | | | | |